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HEMI-SYNC® ODYSSEY-PART IV

by Barbara Bullard, MA

Since 1989, community college instructor and TMI Professional Member Barbara Bullard has offered H-PLUS® tapes to her students. Most recently, she has employed them as a facilitator of the Positive Immunity Program for persons who are HIV positive or actively suffering the ravages of AIDS. These applications gave her ample opportunity to witness how H-PLUS can support learning, personal change and development, and physical healing. However, for Barbara, as for most of us, direct experience is the most conclusive proof. Three examples of personal H-PLUS use conclude this four-part series.

FOCUS: Barbara, the last time we talked, you mentioned your own success with the *H-PLUS Functions Heart: Repairs & Maintenance, Circulation, and Brain: Repairs & Maintenance*. Will you elaborate?

Barbara: I've personally used *Heart: Repairs & Maintenance* for a prolapsed valve problem and was able to go off medication within a month. Incidentally, the tape has also been helpful to several students who were being treated for panic attack disorder. A number of students also purchased it for parents who were recovering from heart attacks.

FOCUS: Versatile exercise! What was your experience with *Circulation*?

Barbara: It's one of the tapes that has been most useful to me. I first used it to reduce persistent edema in my left foot. Within twenty minutes of using the tape, the Function Command reduced the swelling whenever it occurred. My doctor couldn't identify the cause of the swelling and had tried different remedies for five years with little relief. Therefore, I was quite excited when *Circulation* worked so easily and so well. After using the Command regularly for three years the foot is almost back to normal and rarely swells at all.

FOCUS: Did you use *Circulation* in other ways?

Barbara: Well, coincidentally, using *Circulation* has also relieved a lifetime circulation problem. For as long as I can remember, I've suffered from cold hands and feet and consequently slept under several blankets at night. This practice stopped within two months of using the tape. But the biggest benefit was to relieve migraine headaches.

FOCUS: Lots of our readers will want specifics about that.

Barbara: Once a migraine was so severe that it was impossible to lay my head down on the pillow. I decided to listen to the *Circulation* tape to help take my mind off the headache and

hoped the relaxation effects would help me to fall asleep. I was amazed to wake up three hours later with no headache! Usually such headaches stay with me for days. I speculated that *Circulation* must help distribute blood through the body in a balanced manner which enables the engorged blood in the head to dissipate. This tape has been recommended to numerous migraine sufferers, all of whom have obtained relief with it.

FOCUS: That's an incredible story. However, you implied that the one related to *Brain: Repairs & Maintenance* was even more outstanding.

Barbara: Well, I'd been impressed with the ability of the *H-PLUS* tapes to assist memory, concentration, goal attainment, weight loss, and diversified healing effects among my students and friends. However, I often wondered if they'd really work in a crisis. Then something happened that gave me a dramatic answer to that question.

FOCUS: What was it?

Barbara: While on vacation, and far away from my collection of *H-PLUS* tapes, I fell down a flight of concrete steps in the dark. When I finally came to a stop, I checked for broken bones and then noticed an intense pain in the back of my head. I reached back to feel the bump and felt blood gushing out instead. I knew at once that I was in trouble.

FOCUS: Was any help available?

Barbara: Yes, a woman heard me calling for help and phoned for the paramedics. However, they were going to take some time to arrive and the bleeding needed to be stopped soon. I decided to use the Function Command for *Circulation* to redirect the blood to my hands and feet and slow it down. Within five minutes, the bleeding had stopped.

FOCUS: How about the pain?

Barbara: The pain was still intense, so I switched to the Command to control pain, which I hadn't used for over a year but it was firmly in memory when needed. I stayed lucid to answer the paramedics' questions and was transported to the emergency room on a spinal board. It took three hours in the emergency room to test for concussion or spinal damage. All the while, I used the Commands to control pain and to relax to deal with the discomfort.

FOCUS: How serious was your injury?

Barbara: When they finally turned me over, there was a three-and-one-half inch tear in my scalp that took twenty-two stitches to close. I continued to use my Function Commands to stay relaxed and pain free. Going to sleep that night, I remembered the Command for *Brain: Repairs & Maintenance* and used it frequently for the next two weeks.

FOCUS: The big question is, how did you feel the next day?

Barbara: I was well enough to drive my children and myself to our next destination, an hour away. I'm convinced that extensive damage from this rather traumatic fall was avoided by immediate use of the *H-PLUS* Function Commands. Never again will I doubt their effectiveness in a crisis. It was extremely fortunate that I had been working with the tapes for three years and could call upon the healing Commands on short notice. But I don't need another such event to prove the point!

FOCUS: Barbara, thank you for sharing these real-life *H-PLUS* stories. They're a resource and inspiration for anyone considering using the tapes for growth or healing. Like you, they'll find their own proof that *H-PLUS* works.

[Ed. note: Previous installments of H-PLUS ODYSSEY appeared in the TMI FOCUS for Spring and Fall 1993 and Spring 1994. See: Individual Articles (1985-2013)/Topics/Hemi-Sync Exercises/Human Plus/]

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